



OFF-ROAD VEHICLES

USE THEM FOR | WALKING BEYOND THE PAVEMENT

TEVA LIGERO MESH

➤ PERFECT FOR BUSHWALKING

This shoe is the business on the outside and sheer comfort on the inside. Its snug, even lacing ensures a secure fit. A breathable, lightweight trail walker, it packs and travels well, too (\$179.95; 02-8306 3332).

THE NORTH FACE SINGLE-TRACK

➤ PERFECT FOR TRAIL

RUNNING Like to take in outdoor vistas at speed? You need a specialised trail runner. Look no further than the Single-Track. Fitness walkers will enjoy its ultralight feel, and off-road runners will see this shoe shine (\$219.95; thenorthface.com.au).

SCARPA ARIA XCR

➤ PERFECT FOR OFF THE BEATEN TRACK

With aggressive multidirectional lugs on the sole, the Scarpa Aria XCR has the teeth to bite into even the most extreme terrain. A reinforced toe defends against rocks, and the Gore-Tex lining fights off moisture. Take this shoe off-trail and when carrying a heavy backpack (\$299.95; 1300 784 266).



GO WILD

For bushwalking tips, checklists and gear advice, hike to preventionmag.com.au/fitness